



<b>Department:</b>	Nutrition		
<b>Document:</b>	Multidisciplinary Policy and Procedure		
<b>Title:</b>	Nutritional Assessment and Reassessment		
<b>Applies To:</b>	Clinical Dietitians		
<b>Preparation Date:</b>	January 12, 2025	<b>Index No:</b>	CN- MPP -001
<b>Approval Date:</b>	January 26, 2025	<b>Version :</b>	2
<b>Effective Date:</b>	February 26, 2025	<b>Replacement No.:</b>	CN- MPP -001(1)
<b>Review Date:</b>	February 26, 2028	<b>No. of Pages:</b>	3

## 1. PURPOSE:

- 1.1 Identify malnutrition risk level.
- 1.2 Assess the nutritional status.
- 1.3 Document the nutrition care plan of the patient.
- 1.4 Reassess the patient's nutritional status and nutrition care plan as necessary.
- 1.5 Provide continuous and comprehensive nutritional care program.
- 1.6 Participate in discharge planning.

## 2. DEFINITIONS:

- 2.1 Nutritional Assessment is a comprehensive approach completed by the clinical dietitian for defining nutritional status using anthropometric measurements, biochemical, clinical, dietary, and psychological.
- 2.2 Nutritional reassessment refers to the continuous process of data collection to determine the significant changes on the continuance of needs, nutritional requirements, and the extent of compliance and noncompliance of diet or feeding.

## 3. POLICY:

- 3.1 Nutritional assessment will be completed for all patient is identified at nutritional risk during the initial screening done by the nurses.
- 3.2 Nutritional assessment will be completed for all patient's identified at nutritional risk during the course of treatment with a physician ordered nutrition consultation.
- 3.3 Nutritional assessment will be completed within 24 hours of physician's order except on the weekends when there is no clinical dietitian on duty.
- 3.4 If a patient requires an urgent referral over the weekend such as enteral feeding, the clinical dietitian on call should be contacted by phone.
- 3.5 The nutritional assessment includes the following components:
  - 3.5.1 Admitting diagnosis associated with malnutrition risk.
  - 3.5.2 Medical history (DM, HTN, etc.)
  - 3.5.3 Current and ideal anthropometric measures.
  - 3.5.4 Diet history.
  - 3.5.5 Food allergies.
  - 3.5.6 Eating problems (poor appetite, swallowing impairments, etc.)
  - 3.5.7 Food and drug interaction.
  - 3.5.8 Body weight status.
  - 3.5.9 Level of nutritional risk.
  - 3.5.10 Ability to understand diet instructions.
  - 3.5.11 Barrier to learn.
- 3.6 A plan for nutritional care is documented in the clinical dietitian initial nutrition assessment form.
- 3.7 Inform the nurse to write in the nurse's note that the nutritional evaluation is done in the dietitian initial nutrition assessment form.

3.8 Reassessment will be conducted depending on the patient's level of nutritional risk. Reassessment time frame is 3-5 /5-7 /7- 10 days from the initial assessment based on the level of malnutrition risk or as needed.

#### **4. PROCEDURE:**

- 4.1 Physician will write the initial order for the nutritional support, and nursing staff will inform the clinical dietitian about the order.
- 4.2 Clinical dietitian will perform and complete the initial comprehensive full assessment.
  - 4.1.1 Obtain and collect data timely and appropriately.
  - 4.1.2 Analyse and interrupt data with standards.
  - 4.1.3 Identify the nutritional problem
  - 4.1.4 Assign risk level of malnutrition.
  - 4.1.5 Determine the nutritional requirements.
  - 4.1.6 Determine food drug interaction.
- 4.3 Consult other discipline as appropriate to developing a nutritional care plan.
- 4.4 Document the nutritional assessment and care plan in the initial nutritional assessment form.
- 4.5 Perform nutritional reassessment:
  - 4.2.1 To monitor the effectiveness and appropriateness of nutritional care plan.
  - 4.2.2 Alter nutritional care plan.
- 4.6 Prepare discharge plan as necessary.
- 4.7 An order for nutritional consultation to clinical dietitian will be notified through a consultation form.

#### **5. MATERIALS AND EQUIPMENT:**

- 5.1 Consultation form.
- 5.2 Initial Nutritional assessment form.
- 5.3 Nutritional reassessment form.
- 5.4 Interdisciplinary Patient / Family Education Record Form.

#### **6. RESPONSIBILITIES:**

- 6.1 Clinical Dietitians
- 6.2 Physicians
- 6.3 Nurses

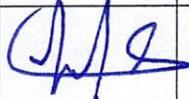
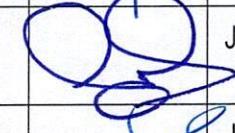
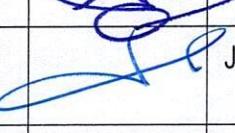
#### **7. APPENDICES:**

- 7.1 Nutritional Care Follow up & Recommendation
- 7.2 NUTRITION ASSESSMENT AND RE-ASSESSMENT FORM
- 7.3 Growth Chart Saudi.

#### **8. REFERENCES:**

- 8.1 King Salman Hospital; Nutritional Screening Assessment and Reassessment, APP-DT.2, 15/09/1437

9. APPROVALS:

	Name	Title	Signature	Date
Prepared by:	Mr. Salah Rasheed AlAnazi	Clinical Dietitian		January 12, 2025
Reviewed by:	Mr.Saleh Daraan AlShammry	Head Of The Clinical Nutrition		January 14, 2025
Reviewed by:	Mr. Sabah Turayhib Al - Harbi	Director of Nursing		January 16, 2025
Reviewed by:	Mr. Abdulelah Ayed Al Mutairi	QM&PS Director		January 19, 2025
Reviewed by:	Dr. Tamer Naguib	Medical Director		January 20, 2025
Approved by:	Mr. Fahad Hazam Al - Shammary	Hospital Director		January 26, 2025